

CLEAR Facilitator's Manual

Individual Sessions

Act Safe – Substance Use

Session #5: Beliefs: Thoughts That Influence My Substance Use Patterns. (1.5 hrs.)

OBJECTIVES:

1. The youth will clarify emotions and cognitions that trigger substance use.
2. The youth will confront belief systems that support substance use and recognize these new beliefs as self-talk statements.
3. The youth will identify self-perceptions related to use-supporting beliefs.
4. The youth will learn a strategy to reduce tension and utilize self-talk.
5. The youth will implement weekly schedules.

RATIONALE:

Continuing with the personal application of the model, the youth will examine cognitions that support the use of drugs and alcohol. After summarizing what he/she has learned so far about his/her personal substance use blueprints, typical beliefs that support substance use are addressed. The youth will respond to the emotional impact, reasonableness, and relevance of these beliefs to their own behavior patterns. The purpose of this experience is to encourage the youth to question some of his/her assumptions and attributions around using drugs and alcohol. The development of adaptive beliefs is promoted by examining self-perceptions related to substance use and the development of self-talk statements. Providing the youth with an effective technique for dissipating the tension generated by engaging these challenges reinforces motivation.

Having provided time and practice opportunities for implementing Calendars and Drug and Alcohol Reports, the Weekly Schedule is introduced as the last of three self-monitoring tools for changing substance use behaviors.

SUMMARY:

1. Welcome participant, review goals, introduce the session and give gift of appreciation. (20 minutes)
2. Have the youth confront a list of typical beliefs supporting substance use, self-perceptions and use new beliefs statements as self-talk. (30 minutes)
3. Have the youth identify self perceptions related to beliefs supporting substance. (15 minutes)
4. Lead the youth through a relaxation exercise using guided imagery and utilizing self-talk statements. (10 minutes)
5. End with a review, introduction of Weekly Schedules, between-sessions goal setting, and benefit awareness/ appreciation. (15 minutes)

MATERIALS:

Attendance Sheet
Cohort Rosters
Gift of Appreciation
Goal Summary Sheet
Tape Recorder
90-min Audio Tape
Facilitator's Manual
Participant's Workbook
Cohort Data Binder
Pens and Notepads

NOTES TO THE FACILITATORS: Text in **bold** letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read text in small letters verbatim, make it natural.

The times listed under the headings of each exercise are to help you keep on target and move the workshop along. Exercises may be lengthened or shortened as needed as long as all material is covered.

Exercise 1: What Is Today's Session About?
(20 minutes)

[The purposes of this exercise are to engage the youth, to increase self-esteem, and to shape positive behaviors. A review of actions taken to express strengths and values, sharing insights on the impact of feelings on substance use patterns, a preview of the day's session, and a gift of appreciation are the approaches taken.]

Welcome back! I'm glad you could join me today.

Let's start off by sharing your wins for the past week.

Let's take a look at your Calendar. How many Xs are on your Calendar for the past week?

GET REPORT ON SUBSTANCE-FREE DAYS.

REINFORCE REDUCTIONS AND ABSTINENCE.

IF YOUTH DID NOT REMEMBER TO DO CALENDAR, TAKE 45 SECONDS TO FILL IN NOW. REVIEW CALENDAR WITH YOUTH.

AGAIN, REINFORCE THE YOUTH'S EFFORTS TO STAY SOBER.

Thanks for sharing. You seem to already be making progress towards your big goal.

That's great!

The second goal for this week was to do your substance use blueprint and to complete the following sentence:

"When I feel _____, I tell myself _____, and I do the following:
_____."

How did that go?

GET PARTICIPANT TO ARTICULATE A RESPONSE.

SUMMARIZE BY FIRST REFLECTING BACK FEELINGS, AND THEN THOUGHTS, THAT TRIGGER SUBSTANCE USE:

Working on this goal points out some very important information. It shows that when you feel [FACILTATOR SUMMARIZE PARTICIPANT'S RESPONSE], that leads to thoughts like [FACILTATOR SUMMARIZE PARTICIPANT'S RESPONSE], which in turn leads to using.

That suggests that if you change certain feelings and thoughts, it will be much easier to reduce or stop using drugs and alcohol.

That's a different story than relying on willpower alone to resist desires to use. Big difference!

Today we are going to talk about just that - those thoughts that can lead you to use.

You will also learn how to identify and change thoughts that lead to substance use.

IF PARTICIPANT WAS NO DRUG FREE EACH DAY OF THE WEEK, ASK ABOUT THE DRUG AND ALCOHOL REPORT.

But before we get started, you had one more goal from last week to check on.

That was to do a Drug and Alcohol Report for each day you didn't have a "X" on your Calendar.

Did you remember to fill out your Drug and Alcohol report this past week for the days you used?

HAVE YOUTH SHARE A REPORT. WALK HIM/HER THROUGH EACH STEP.

REINFORCE COMPLIANCE. IF YOUTH FORGOT, TAKE TIME TO FILL THEM OUT NOW

IF COMPLETED REPORT, REVIEW THE REPORT BY ASKING THE PARTICIPANT EACH OF THE QUESTIONS. ASK FOR CLARIFICATION AS NEEDED.

IF DID NOT COMPLETE REPORT, FILL OUT A REPORT NOW. BE SUPPORTIVE AND NONJUDGEMENTAL. WALK HIM/HER THROUGH EACH STEP IF NECESSARY.

What did the Reports tell you about your substance use patterns?

GET A FEW RESPONSES. LOOK FOR TRIGGER IDENTIFICATION.

Did you find it hard to get the report done? Why or why not?

PROBLEM SOLVE COMPLIANCE ISSUES. PROBLEM SOLVE BARRIERS.

What did you learn about using by doing this report?

REINFORCE IDENTIFICATION OF TRIGGERS AND IDEAS ON HOW TO INTERRUPT THE PATTERN.

Thanks for being honest and for sharing.

REINFORCE WORKING AT AND MAKING PROGRESS ON GOALS.

Doing the reports and calendars are important steps in setting the foundation for changes you may want to make down the road.

Please make a point to keep up with these every day. It is much easier and you will get much more out of it if you do them regularly.

Last time we talked about how feelings are a trigger to use.

Today we are going to focus on thoughts.

In other words, we are going to examine beliefs about using drugs and alcohol and think about how we can change them to be healthier for you.

Before we get to work on today's topic, it's time for the token of appreciation.

IF PARTICIPANT WAS ON TIME, GIVE THEM THE PRIZE. IF HE/SHE WAS LATE ENCOURAGE FUTURE TIMELINESS AND TELL PARTICIPANT YOU WILL HOLD ON TO PRIZE FOR NEXT SESSION.

Each week, I'll have a token of appreciation or prize to give you. Remember, you have to be on time for our session to receive it.

Exercise 2: What Do I Believe About Using?
(30 minutes)

[The purpose of this exercise is encourage the youth to question his/her beliefs about drug and alcohol use. Responding to typical substance use belief statements and self-talk is the method applied.]

Today we are going to look at your beliefs related to using drugs and alcohol.

Beliefs are important because they influence how we feel and what we think and do.

This is true whether we are actively thinking about those beliefs at the moment or not.

There are times when we might want to change what we are doing, but find that it's a lot harder than we would like.

It could be that old beliefs, beliefs that don't fit with the new way of doing things, are holding us back.

That's why it's important to look at your beliefs about using drugs and alcohol.

Here's a page for your workbook. It is a list of belief statements that support using.

GIVE PARTICIPANT LIST OF BELIEF STATEMENTS

First, we're going to read down the list of beliefs and I'd like you to tell me if you identify with the belief or sometimes think that way.

Then I'm going to ask you to choose the 3 beliefs that you probably think the most about or that you think are the hardest for you to deal with.

After you've chosen the 3, I'd like you to read each of those belief statements aloud.

After you read the statement I would like to hear what your thoughts are about this belief.

How does it apply to you? What makes it hard for you?

Then I'd like you to do something challenging. See if you can argue against the belief.

This may be especially difficult when you find the belief applies to you.

But, the purpose is to look at your beliefs about using, and to look at as many possible ways to rethink those beliefs.

I'd also like to make some contributions to your arguments against the drug belief and together I'm sure we can find a few good arguments for the 3 beliefs you choose.

It's very important that your beliefs fit with the person you want to be and your plans for the future.

So if some of your beliefs get in the way, it's good to talk about them now and try and find a belief that will better help you.

If this sounds confusing, don't worry. We'll work through each step together.

First, let's read them and you tell me if you identify with or relate to the belief or not.

READ EACH STATEMENT ALOUD AND WAIT FOR YOUTH TO RESPOND.

DRUG BELIEF STATEMENTS

1. LIFE WITHOUT DRUGS AND ALCOHOL IS BORING.
2. I CAN'T FUNCTION WITHOUT IT.
3. THIS IS THE ONLY WAY TO COPE WITH THE PAIN IN MY LIFE.

4. I'M NOT READY TO STOP USING.
5. I'M MORE FUN AND MY FRIENDS LIKE ME BETTER WHEN I'M HIGH.
6. I CAN'T ENJOY SEX UNLESS I AM HIGH.
7. MY SUBSTANCE USE IS CAUSED BY SOMEONE ELSE.
8. HAVING THIS DRUG PROBLEM REALLY MEANS THAT, DEEP DOWN, I AM A BAD PERSON.
9. I'M NOT A STRONG ENOUGH PERSON TO STOP.

Thanks, that was really good.

Now, chose the 3 strongest beliefs.

Which of these beliefs are the strongest for you? Which ones do you think the most about or are the hardest for you to deal with?

PAUSE FOR YOUTH TO IDENTIFY 3 STRONGEST BELIEFS.

Tell me your thoughts about the 3 strong beliefs you picked. How do they apply to you?

What makes those beliefs hard for you?

READ 3 BELIEFS AND ASK THE PARTICIPANT HOW THEY IDENTIFY WITH THE STATEMENT.

DISCUSS AND PROCESS THE 3 STRONGEST BELIEFS.

STAY NEUTRAL TO RESPONSES. USE REFLECTIVE STATEMENTS ONLY.

REFLECT YOUTH'S FEELINGS AND EMPATHIZE WITH DIFFICULTIES.

Now, let's find some arguments against those 3 strong beliefs.

This time your job is to argue *against* the belief statement.

What would you say to convince others that this was a false belief?

Let's write down what you come up with.

USING THE SAME PROCEDURE, GO THROUGH THE 3 STRONGEST BELIEFS AGAIN.

AFTER YOUTH RESPONDS, SUGGEST ANOTHER ARGUMENT FROM LIST BELOW AND ASK IF YOUTH CAN THINK OF ANY ADDITIONAL STATEMENTS THAT COUNTER THE ORIGINAL BELIEF STATEMENT.

SAMPLE ARGUMENTS ARE GIVEN BELOW (SEE ITALICS).

DRUG BELIEF STATEMENTS

1. LIFE WITHOUT DRUGS AND ALCOHOL IS BORING.

I DON'T NEED DRUGS TO HAVE FUN. LIFE IS MORE INTERESTING WHEN I AM CLEAR ENOUGH TO REALLY EXPERIENCE IT.

2. I CAN'T FUNCTION WITHOUT IT.

SOMETIMES HANDLING LIFE IS TOUGH, BUT I HAVE MANAGED WITHOUT DRUGS BEFORE SO I KNOW I CAN DO IT.

3. THIS IS THE ONLY WAY TO COPE WITH THE PAIN IN MY LIFE.

DRUGS DON'T FIX ANYTHING, THEY JUST KEEP YOU FROM MAKING THINGS BETTER. THERE ARE BETTER WAYS TO COPE WITH PAIN.

4. I'M NOT READY TO STOP USING.

IT WON'T GET ANY EASIER SO NOW IS AS GOOD A TIME AS ANY TO STOP. I WANT TO LIVE MY REAL LIFE AND WORK ON EXPRESSING MY HIGHER SELF.

5. I'M MORE FUN AND MY FRIENDS LIKE ME BETTER WHEN I'M HIGH.

I CAN LEARN TO BE LESS SHY. MY HIGHER SELF IS COOL AND I DON'T NEED DRUGS OR ALCOHOL TO SHOW IT.

6. I CAN'T ENJOY SEX UNLESS I AM HIGH.

BEING HIGH JUST MAKES SEX DANGEROUS. I CAN ENJOY THE PERSON I'M WITH AND MAKE SAFER SEXUAL DECISIONS WHEN I'M NOT LOADED.

7. MY SUBSTANCE USE IS CAUSED BY SOMEONE ELSE.

I AM THE ONLY ONE WHO CAN CHOOSE WHAT I DO. WHEN I EXPRESS MY HIGHER SELF, I WILL ALWAYS CHOOSE THE BEST.

8. HAVING THIS DRUG PROBLEM REALLY MEANS THAT, DEEP DOWN, I AM A BAD PERSON.

HAVING THIS PROBLEM SAYS THAT I'VE HAD IT TOUGH, AND THAT I HAVE MADE SOME POOR CHOICES. IT DOES NOT MEAN THAT I AM NOT A GOOD PERSON.

9. I'M NOT A STRONG ENOUGH PERSON TO STOP.

STOPPING IS HARD, BUT NOT IMPOSSIBLE. EXPRESSING MY HIGHER SELF AND USING THE RIGHT TOOLS, I KNOW I CAN MAKE IT HAPPEN.

What other beliefs can you think of that encourage you to use?

Can you argue against them?

ENCOURAGE SHARING OF BELIEFS. QUERY EACH BELIEF AND SOLICIT COUNTER STATEMENTS.

How did you feel when you read the belief statements and applied them to yourself?

Using the Feeling Thermometer - 100 is very uncomfortable and 0 is completely comfortable - what were your Feeling Thermometer readings?

HAVE YOUTH STATE WHAT HIS/HER COMFORT LEVEL WAS WHILE CONFRONTING BELIEFS.

We've been talking about countering beliefs, but does saying the new beliefs make them true?

What can help you make these new positive thoughts part of your belief system?

PROBLEM SOLVE WITH PARTICIPANT WAYS IN WHICH HE/SHE CAN INCORPORATE NEW BELIEFS.

DISCUSS HOW PRESENT BELIEFS CAME TO BE, THE NEED FOR TIME TO CHANGE BELIEFS, AND REINFORCING NEW BELIEFS WITH SELF TALK AND REHEARSAL.

REINFORCE PATIENCE AND THAT NEW BELIEFS WILL COME WITH TIME AND EFFORT. PROMPT DISCUSSION WITH THE FOLLOWING QUESTIONS:

HOW LONG HAVE YOU BELIEVED YOUR NEGATIVE THOUGHTS?

HOW DIFFICULT WILL IT BE TO CHANGE THE NEGATIVE THOUGHTS?

HAVE YOU EVER TRIED TO CHANGE YOUR WAY OF THINKING BEFORE?

HAVE YOU EVER HAD TO “PUMP YOURSELF UP” OR ENCOURAGE YOURSELF TO DO SOMETHING (I.E., LIFT EXTRA WEIGHT, RUN EXTRA LAP)?

HOW MIGHT YOU REHEARSE THE POSITIVE THOUGHTS?

How would feeling differently make a difference on what you believed?

ENCOURAGE DISCUSSION. SUGGEST THAT FEELING MORE COMFORTABLE WITH NEW BELIEFS MAKES IT EASIER TO ADOPT THEM.

Let me point out that saying these positive thoughts to yourself is also called “self-talk.”

The more you say it, the more you believe it and it becomes part of you.

I encourage you to use this tool of countering your drug using thoughts and self-talk as often as you need it.

Exercise 3: What Part of Me Wants To Use?
(15 minutes)

[The purpose of this exercise is to help the youth acknowledge his/her non-adaptive characteristics and the role they play in substance use. The assumption is that progress on this developmental task (integration of the good self – bad self split), will empower the youth to choose more adaptive (good self) behaviors over impulsive, self-destructive (bad self) behaviors. Substance use (and later, sexual risk acts) are particularly appropriate target behaviors for addressing this task.]

In the first session we said that every person is a unique mix of a lot of good stuff and also a lot of not-so-good stuff.

We called the good stuff our higher self, and so far we have worked on expressing our higher selves as a way to be happy and to reach our future goals.

For example, when you throw your empty soft drink can in the recycle bin you are expressing respect for the environment and concern for the future.

“Respectful” and “considerate” are characteristics of your higher self.

Now it’s time to take a look at some of the not-so-good stuff.

What characteristics would you be expressing if you threw that empty can in the street?

What words would describe them?

LOOK FOR DISRESPECTFUL, CARELESS, INCONSIDERATE, ETC.

Right! Although we can express them if we choose to, we don’t like to think of ourselves as disrespectful, careless, or inconsiderate, and they don’t help us get to where we want to go.

We will call those not-so-good qualities or characteristics our lower self.

Now, let's take another look at the list of typical substance use beliefs we just did to see which characteristics those beliefs reflect.

READ THE 3 BELIEF STATEMENTS AND HAVE THE YOUTH BRAINSTORM ON LOWER SELF CHARACTERISTICS.

EMPHASIZE THE CHARACTERISTICS NOTED BELOW.

DRUG BELIEF STATEMENTS

1. LIFE WITHOUT DRUGS IS BORING.
LOOK FOR "BORING;" "NO LIFE;"
2. I CAN'T FUNCTION WITHOUT IT.
LOOK FOR "DEPENDENT;" "ADDICTED"
3. THIS IS THE ONLY WAY TO COPE WITH THE PAIN IN MY LIFE.
LOOK FOR "HURTING;" "ESCAPING;" "RATIONALIZING"
4. I'M NOT READY TO STOP USING.
LOOK FOR "SCARED;" "FEARFUL;" "IN DENIAL"
5. I'M MORE FUN AND MY FRIENDS LIKE ME BETTER WHEN I'M HIGH.
LOOK FOR "INSECURE;" "NO CONFIDENCE"
6. I CAN'T ENJOY SEX UNLESS I AM HIGH.
LOOK FOR "IMPERSONAL;" "IMPOSTER"
7. MY SUBSTANCE USE IS CAUSED BY SOMEONE ELSE.

LOOK FOR “DENIAL;” “BLAMING;” “VICTIM”

8. HAVING THIS DRUG PROBLEM REALLY MEANS THAT, DEEP DOWN, I AM A BAD PERSON.

LOOK FOR “UNLOVABLE;” “EVIL;”

9. I'M NOT A STRONG ENOUGH PERSON TO STOP.

LOOK FOR “WEAK;” “HELPLESS”

Thanks, that was great work!

What do you make out of all this? How do you see the relationship between the lower self and these unhealthy beliefs?

ACKNOWLEDGE ALL RESPONSES, BUT STRONGLY REINFORCE THOSE THAT SUPPORT THE SUMMARY STATEMENT BELOW.

CONCLUDE WITH THIS SUMMARY STATEMENT:

It seems pretty clear that the beliefs that make using drugs and alcohol seem like an okay thing to do are coming from the lower self.

Let me say that again.

Beliefs that make using drugs and alcohol seem like a good way to deal with challenges are beliefs that are coming from your lower self.

While it may seem sometimes like they are helping, these beliefs get in the way of what you really want.

Finding ways to express your higher self, especially when the going gets tough, is the only way to find contentment and fulfillment.

What do your feelings say about that? What's your feeling thermometer temperature – 100 being completely uncomfortable and 0 being completely comfortable?

OBTAIN READING AND REFLECT THAT IT IS NATURAL FOR US TO FEEL UNCOMFORTABLE WHEN WE CONFRONT WHAT WE BELIEF, ESPECIALLY WHEN IT'S CONNECTED TO THE NOT-SO-GOOD PARTS OF OURSELF.

Exercise 4: How Can I Get Rid of Tension and Use Self-Talk?
(10 minutes)

[The purpose of this exercise is to reduce the tension that has built up in the session and utilize self-talk as a skill to counter negative beliefs. Guided imagery is the method employed.]

As you will learn as we move through the sessions, there are all kinds of relaxation techniques.

It would be good to take a few minutes to relax after all that hard work.

So I'm going to take you through a brief relaxation exercise that's designed to reinforce and strengthen your higher self.

Just listen to what I say, and follow my instructions as closely as you can.

Here we go:

ADD THE PARTICIPANT'S COUNTER/SELF-TALK STATEMENTS
WHERE INDICATED.

RELAXATION INSTRUCTIONS: A SPECIAL PLACE

Settle back in your chair or get comfortable wherever you are. [PAUSE]

Take a deep breath in. [PAUSE]

And let it out slowly. [PAUSE]

Close your eyes if you wish. [PAUSE]

Imagine your legs are getting warm and heavy. [PAUSE]

Warm and heavy.

Warm and heavy. [PAUSE]

Now let your arms feel warm and heavy.

Warm and heavy. [PAUSE]

Now imagine that you are floating.

Can you feel yourself floating in space? [PAUSE]

Somewhere there is a special place.

A place where you feel safe and comfortable.

A place you love to go to.

Picture that place in your mind. [PAUSE]

Just a few feet ahead is the entrance to that special place.

As I count down, you will move closer and closer. [PAUSE]

10...9...8...7...6...half way there 5...4...3...2...1

Now you have entered that special place. [PAUSE]

See the shapes and colors there. [PAUSE]

Hear the beautiful sounds. [PAUSE]

Feel the air in that special place. [PAUSE]

Smell the fragrance. [PAUSE]

Touch the textures in that special place. [PAUSE]

Sense how wonderful you feel in that special place. [PAUSE]

In this place you [INSERT PARTICIPANT'S SELF-TALK STATEMENT]

Let all those good feelings sink into your body and mind right now.

[LONG PAUSE]

Now we will leave that special place.

But know that this is a place you can return to at any time. [PAUSE]

As I count up, you will gradually return to the here and now. [PAUSE]

1...2...3...4...5 half way back 6...7...8...9...10.

You feel like [INSERT ANOTHER OF PARTICIPANT'S SELF-TALK STATEMENTS]

Now slowly open your eyes.

Yawn and stretch.

Yawn and stretch. [PAUSE]

Now repeat after me [READ LAST OF PARTICIPANT'S SELF TALK STATEMENTS]

Where did you go? Where is your special place?

ENCOURAGE SHARING

How did it feel to be there?

Using the Feeling Thermometer again- 100 is very uncomfortable and 0 is completely comfortable - what were your Feeling Thermometer readings?

HAVE YOUTH STATE WHAT THEIR COMFORT LEVELS WERE WHILE IN THEIR SPECIAL PLACE.

POINT OUT THE DIFFERENCE BETWEEN THESE READINGS AND THE "CONFRONTING BELIEF" READINGS FROM EARLIER TODAY.

Wow, notice the difference these readings are from the one's you had earlier when you were confronting your beliefs.

Now you know the way to your special place, the place where you can let go of tension or worry or bad feelings.

Go to that special place anytime you need it.

You also know the things you can say to yourself to give you strength.

Say them often.

Here is a copy of the road map we just used for your workbook. You can use this to get to your special place anytime you want to.

GIVE PARTICIPANT COPY OF RELAXATION EXERCISE.

We will return here again in the future.

Exercise 5: What's Next?
(15 minutes)

[The purposes of this exercise are to expand on goal setting skills, build group cohesion and create a positive expectation for the next session. Review, between-session goal-setting, and expressing benefit awareness and appreciation to group members is undertaken.]

We started off today by reviewing thoughts and feelings that trigger drug and alcohol use.

Then we paid some attention to your beliefs about using.

You discovered characteristics of your lower self and how beliefs that give permission to use to help cope are expressions of your lower self.

Finally, we learned a cool way to reduce tension and help us relax when we want to.

Now it's time to set some goals to work on for the next week.

For the first goal we request that each of you fill in this chart.

GIVE PARTICIPANT THE "BELIEFS STATEMENTS CHART"

This chart asks you to list three of your strongest beliefs for using drugs and/ or alcohol.

These will be the belief statements we talked about today. Remember you already chose your 3 strongest.

Under each belief statement there are some smaller blanks. Here you write down the qualities of your higher self that will help you in challenging those beliefs.

We talked a little about this earlier today.

In case you forget, an example is given at the top of the chart. Read that and you will know how to fill in the rest of the blanks.

Then I want you to give some more thought to finding more arguments against those beliefs.

Think of some arguments that would come from your higher self.

Try to think of at least one argument for each belief statement. Really get in touch with your higher elf and come up with some new belief statements.

The more you come up with, the more self-talk statements you have to gather strength from.

The next goal is for you to practice getting to that relaxing, special place you went to today.

The script I gave you can help you. Read it and then see if you can get to your special place on your own.

Try once every day until you are confident you can find your way back to your special place anytime you want to.

Any questions on that goal?

ANSWER QUESTIONS BRIEFLY.

Before we end today, there is one new tool I want to introduce that can help you make progress towards your goals.

This one can be fun if you're willing to have fun with it.

This tool is your Weekly Schedule.

GIVE PARTICIPANT WEEKLY SCHEDULE

If you are not used to making a weekly schedule, it can be a difficult and unpleasant thing to do.

But people who use drugs or excessive alcohol are also people that don't schedule their time.

Likewise, people who do schedule their time usually don't use addictive substances.

By scheduling your time you can cut down the chances that you will get bored or focused on using.

If you write down your schedule, you have a greater chance of being in control, rather than drugs or alcohol controlling you.

A schedule kept only in your head is easily changed by the part of your brain that craves drugs or alcohol.

Without a written schedule there is too much chance that you will do what you feel like doing and not what you need to do to take care of yourself.

Also, the part of your brain that craves substances likes chaos and out-of-control behavior.

Therefore, by becoming an organized person, you will help yourself.

The cool thing is that no one else but you decides on what gets scheduled, and that leaves lots of time for things you enjoy that don't trigger substance use.

You are in charge of controlling your life.

Let's do the next two days only to see how this works.

First put things like work hours, classes, doctor's appointments, attending a meeting, these sessions, etc. on your schedule for the next two days.

PAUSE FOR ONE MINUTE.

Now put in what time to get up and what time to go to bed, and meal times.

ALLOW TIME FOR YOUTH TO ADD THOSE IN TO THE SCHEDULE.

Now comes the fun part. With all the remaining blocks of time, fill your schedule in with things you really enjoy that don't involve drugs or alcohol.

Let's think of a bunch of them, and then fill the schedule in.

LOOK FOR OPTIONS THAT INVOLVE:

PHYSICAL ACTIVITY,
INTELLECTUAL INVOLVEMENT,
SOCIAL ACTIVITIES,
CHARITABLE ACTS,
SELF CARE,
EXPRESSIONS OF HIGHER SELF,
OR ANY ADAPTIVE ACTIVITY.

ALLOW TIME FOR WORKING ON THE SCHEDULE.

REINFORCE GOOD CHOICES. USE THE GROUP TO BRAINSTORM IDEAS WHERE THE SCHEDULE MAY BE PADDED, ETC.

What is your reaction to scheduling?

ENCOURAGE SHARING OF REACTIONS.

BE SYMPATHETIC TO HOW HARD IT IS IF YOU ARE NOT USED TO IT,
BUT KEEP EMPHASIZING ITS IMPORTANCE.

Thanks for sharing. That was great.

Now we have a visual record of what's going on with you.

Your last goal for the week then will be to finish the schedule for this week. Do this one today or tomorrow so it will be ready when you need it.

I hope the session has provided you an opportunity to re-think the advantages and disadvantages of quitting substance use, and to re-consider what you plan to do about it in your life.

The activities that we are doing can help you to accomplish your big substance use goals.

The goals that you do between sessions are also helping you to get where you want to be.

It is important to take some of the things we have worked on in here and try them in the outside world.

Remember that the only way to get a handle on your substance use behavior is to become very aware of all the triggers that lead you to use.

The only way to become fully aware of your triggers is to actively monitor them.

So please continue to fill out your Calendar and Drug and Alcohol Reports every time you use.

That's what they are for. They help you learn about your triggers.

We'll keep them in your workbook. Here are some extras if you need them.

GIVE PARTICIPANT ADDITIONAL D&A REPORTS

Before we end I would like you to share something that you got out of, or what you liked most about today's session.

FACILITATOR SHARES A STRENGTH OF THE PARTICIPANT.

**HAVE THE PARTICIPANT IDENTIFY BENEFITS OF PARTICIPATION.
SHOW APPRECIATION BY ACKNOWLEDGING AND PRAISING
PARCITIPANT AS APPROPRIATE.**

The next session will take place on [DAY, DATE, AND TIME].

I'll see you then.

END OF SESSION FIVE.